A MINUTE OF HEALTH WITH CDC

For the Ladies in Our Lives

National Women's Health Week — May 8–14, 2011 Recorded: May 10, 2011; posted: May 12, 2011

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Whether they are a mother, daughter, wife, grandmother, girlfriend, or sister, our wish for these special women is that they are happy and healthy. Currently, the life expectancy for U.S. women is over 80 years. The leading causes of death in females are heart disease, cancer, stroke, respiratory disease, and Alzheimer's. Women can help lower their risk for disease and improve their chances for a long and healthy life by exercising regularly, eating a healthy diet, not smoking, and getting periodic checkups. Encourage the special ladies in your life to make healthy choices daily.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.